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Bangalore Mirror ON SATURDAY

TEMP Max 34 | Min 20 | Humidity 54% Mainly Clear sky Sensex 74,119 | Nifty 22,493 | Gold 65,730 | Silver 74,500 | Dollar 82.78 | Euro 90.70 | GBP 105.40

Would imprisonment of at least 3 months for unlawful felling or harming trees protect green cover?

STOP TREE KILLING SPREE

Garima Prasher
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TWEETS @BangaloreMIRROR

BOHEMIANHEART TANUSREE/PEXELS

> A report with the latest incidents is being prepared for this purpose
> — BLG Swamy, DCF, BBMP

The forest cell of Bruhat Bengaluru Mahanagara Palike (BBMP) is looking at tightening rules around unlawful felling of trees in the city or any damage caused to them.

According to BLG Swamy, Deputy Conservator of Forests (DCF), BBMP, the department is planning to approach the Karnataka forest minister and propose an amendment to the Karnataka Preservation of Trees Act, 1976 in order to ensure stricter rules for killing or harming avenue trees.

This is after multiple cases of citizens harming avenue trees by pouring acid and so forth surfaced over the last few days.

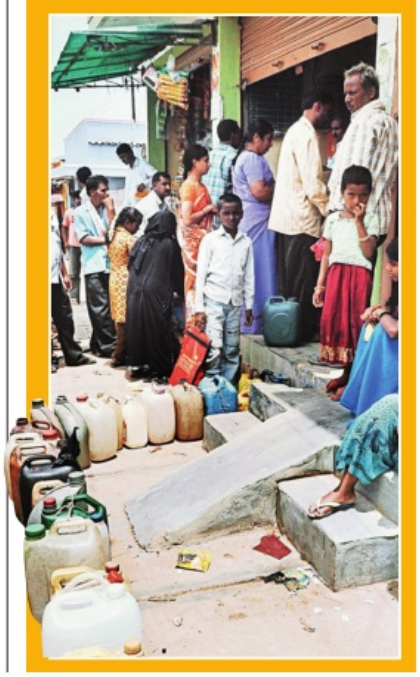
"We have come across multiple cases of citizens trying to harm and kill avenue trees for petty reasons such as

CONTINUED ON PAGE 4 »

CITY / PAGE 2

STILL IN LINE

2.95L ration cards await finalisation



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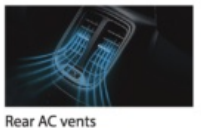
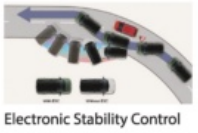

Rear AC vents

Vehicle stability management (VSM)

Wireless phone charger


Electronic Stability Control

6 Airbags standard

Spacious interior

Specifications / Features	Hyundai Exter SX (O) Connect MT Dual Tone	Tata Punch Creative Flagship MT Dual Tone
Height	1,631mm	1,615mm
Wheelbase	2,450mm	2,445mm
Bootspace (litres)	391	366
Dashcam	Dual View	NO
Airbags	6 Airbags	2 Airbags
Rear Middle Three Point seatbelt	YES	NO
Electronic Stability Program (ESP)	YES	NO
Hill Hold Control	YES	NO
Traction Control System (TC/TCS)	YES	NO
Anti-glare Mirrors (IRVM)	Electronic	Manual
Alexa Compatibility	YES	NO
Shift Indicator	YES	NO
Touchscreen Size (CM)	20.32	17.8
Wireless Charger	YES	NO
Multiple Language UI digital cluster	YES	NO
Offline Navigation in Infotainment	YES	NO
Nature of Sounds	YES	NO
Telematics Connectivity	60+ Connected Features	40 Connected Features
Seat belt reminder in second row	YES	NO

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3 THINGS TO DO

01 Premium craftsmanship

An exhibition-cum-sale titled "Bengaluru Utsav" has commenced on the auspicious occasion of Maha Shivaratri and International Women's Day. The event offers a diverse range of women-centric items such as hosiery, handloom products, household articles, and colourful summer clothing. Artisans from various parts of the country have showcased their aesthetically crafted items, providing visitors with a wide selection of daily essentials. **When- Until March 17**
Where- Chitrakala Parishat

02 Women's day walkathon

In celebration of International Women's Day, Lulu Mall, in association with the Forum Of Women Entrepreneurs (FOWE), is organising a special Lulu Walkathon. The event aims to promote and support women entrepreneurs, highlighting their significant contributions to various industries. Participants of all genders are invited to join this inclusive event, which will kick off from Lulu Mall. The walkathon seeks to raise awareness about gender parity and empower women in business. **When- March 10, 6 am; Where- Lulu Mall**

03 Handloom exhibition

Embrace the beauty of Indian handloom textiles at 'the good loom collective' organised by Gocoop, in association with Antaran – a Tata Trusts initiative. Explore a curated selection of premium handloom sarees, fabrics, accessories, and home furnishings, all crafted with care to celebrate the rich heritage of Indian weaving traditions. From Maniabandha & Gopalpur clusters in Odisha to Venkatagiri in Andhra Pradesh, experience the finest craftsmanship from across the country. **When- March 8 to March 10, 10 am to 7 pm; Where- RainTree, Opp ITC Windsor, No. 4, Sankey Road**

Say a little prayer

Hundreds of devotees gathered at the Shiva Temple on HAL Road to offer prayers on the occasion of Maha Shivaratri

PIC: KAUSHIK JN

Still in line: 2.95L ration cards await finalisation

Karnataka halts new ration card applications due to backlog, scrutinises nearly 3 lakh requests

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The surge in demand for Priority Household (PHH) Ration Cards has been unprecedented since the introduction of guarantee schemes. However, due to a substantial backlog awaiting distribution, the government has halted the acceptance of new ration card applications for the time being. According to Minister for Food and Civil Supplies KH Muniyappa, his office has initiated the scrutiny of 2,95,986 ration card applications, with 57,561 cards already issued. Additionally, 744 PHH cards have been issued to individuals necessitating them for medical treatment.

"New applications for PHH Ration Cards will only be considered after the completion of the current scrutiny process. Presently, there are 2,73,866 pending applications for PHH Ration Cards and 78,235 pending applications for Non-Priority Household (NPHH) ration cards," he said.

In Karnataka, the Antyodaya Anna Yojana (AAY) cards benefit 4,402,005 individuals, while 1,16,66,233 PHH cards have been issued, benefiting 3,94,18,190 individuals. Additionally, 25,00,665 NPHH cards have been issued, benefiting 85,78,342 individuals. Overall, 1,52,51,592 ration cards have been issued in Karnataka, with 5,23,98,537 individuals eligible for various benefits. Under the AAY scheme, 35 kg of rice, ragi, or jowar is distributed for free, while PHH cardholders receive five kg of rice per member. NPHH cardholders receive either 5 kgs or 10 kgs of rice, depending on family size, at a subsidised price of Rs 15 per kg.

Muniyappa said that until an adequate rice supply is secured under the Anna Bhagya scheme, instead of the additional 5 kg of rice pledged by the Siddaramaiah government, beneficiaries are receiving monetary compensation. Consequently, each household is entitled to Rs 34 per kg, totalling Rs 170 per month, disbursed via Direct Benefit Transfer and credited to the family head's bank account.

People standing in long queues to update their ration cards in Bengaluru (file photo)

> **"Presently, there are 2,73,866 pending applications for PHH Ration Cards and 78,235 pending applications for NPHH ration cards** – KH Muniyappa, Minister for Food and Civil Supplies

"In Bengaluru East taluk, a total of 1,68,307 ration cards have been distributed, comprising 2,457 AAY cards and 80,622 PHH card holders. In Bengaluru North, there are 1,42,473 ration cardholders, including 2,647 AAY cardholders and 1,12,242 PHH cardholders. Bengaluru South hosts 1,93,028 ration cardholders, with 5,510 AAY cardholders and 1,72,468 PHH cardholders. Bengaluru West taluk boasts the highest number of ration cardholders in Bengaluru Urban, with 2,98,870 in total, including 4,460 AAY cardholders and 1,88,228 PHH cardholders. Across Karnataka, Belagavi district leads in the number of ration cardholders, totalling 14,62,767, including 58,137 AAY cardholders and 10,71,449 PHH cardholders," he added.

Munyappa said that the State government issued a notification in 2017, which remains in effect, stipulating that applications will not be considered for individuals holding permanent positions, whether in government or non-governmental organisations, regardless of their salary.

Furthermore, individuals or households paying Income Tax/Service Tax/GST/Profession Tax, including institutions or government-sponsored state-owned entities, boards, corporations, or autonomous bodies, are ineligible. Similarly, households owning more than three hectares of dry land or equivalent irrigated land in rural areas, or possessing a pucca house exceeding 1,000 sq ft in urban areas, are not eligible. Additionally, those owning four-wheelers, with the exception of families owning one commercial vehicle (e.g., tractor, maxicab, taxi) used for livelihood, are disqualified. The annual family income threshold is set at Rs 1,20,000, beyond which the authority to approve or reject applications based on these criteria lies with the respective Taluk Food Inspector.

Stray attack: 'Did it to save my pet'

FIR registered after dog rescuer goes to cops, but no action taken so far, she says

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A person is accused of having hit a stray dog with a wooden plank, leaving it injured, at Chikkanna Layout in Hennur. An FIR has been filed at Hennur police station based on a complaint from a rescuer.

The alleged accused Nuthan, is said to have attacked the dog on Wednesday morning. Yamini Raj, a dog lover and rescuer, told BM she heard the dog screaming around 10.45 am on March 6 and when she rushed to check, she saw a man throwing away a wooden plank and running away. "When I enquired with the locals, a security guard told me that this man had hit the dog on its head with a wooden plank. The dog was bleeding from its mouth and we rushed it to the ALAI rescue centre for treatment." said Yamini.

Due to timely intervention, the dog is recovering well, but because of a few broken teeth, is on a liquid diet

After examining the dog, it was found that there was no head injury and only its teeth were broken. Treatment was given and the dog is currently under foster care. "Upon investigation, we found the person who had hit the dog and filed a complaint. I have submitted all the bills and proofs of the incident, however no action has been taken yet by the police. This apart, when the accused was questioned he stated that the stray dog had come to attack his pet dog and that is why he decided to hit it. We do not think it's true as the stray dog is very friendly and harmless. I have been following up with the police but yet we see no action taken."

With timely intervention and treatment the stray dog was saved, however now it is able to have liquids.

Volunteers from Society For Animal Safety (SAS) intervened to file an FIR. Ruchir Gupta - Vice president, SAS-Karnataka, said, "To address the escalating abuse of voiceless animals in the state, SAS has recently established its presence in Karnataka. Recently, a distressing case involving the inhumane treatment of a dog by its owner was reported to SAS. SAS registered and efficiently resolved the case under the guidance of state leadership."

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Cafe blast: NIA, CCB detain 2 including cloth merchant

A cloth merchant from Kaul Bazaar in Ballari district in Karnataka and a PFI cadre have been detained by the National Investigation Agency and Central Crime Branch in their joint investigation of the March 1 blast at the Rameshwaram Cafe here, sources said on Friday.

The teams suspect that one of the two detenues, who was an active member of the banned Popular Front of India (PFI), was part of the plot.

The investigating team believes that he had proximity with some terrorist organisations.

Sources said the PFI cadre is believed to have brainwashed many people, including the man who planted the bomb.

Meanwhile, The Rameshwaram Cafe is set to reopen on Saturday. Raghavendra Rao, the owner of Rameshwaram Cafe informed that all precautionary measures have been taken to ensure security at the outlet. **-Agencies**

ADVERTORIAL

Chevalier Group Partners with Penza State University to Offer Exclusive Medical Education Opportunities in Russia*

Bangalore: Chevalier Group is a multinational corporation dedicated to providing exceptional educational opportunities and support services to students worldwide. With a focus on excellence and innovation, Chevalier Group strives to empower students to achieve their academic and professional goals.

Chevalier Group, a leading multinational corporation based in India, has announced an exclusive agreement with Penza State University of Russia to facilitate medical education opportunities for students aspiring to study in Russia. Dr. Yuvraj Singh Solanki, Founder and CEO of Chevalier Group, disclosed this collaboration during a press conference today.

Dr. Solanki, who himself pursued education in Russia and holds over 20 years of experience, emphasized the comprehensive support and guidance provided by Penza State University to medical students. He highlighted the institution's track record, with 370 graduates from 2013 to 2023, and noted a commendable 65% pass rate in the Foreign Medical Degree Examination [FMGE], with 65 doctors pursuing postgraduate courses.

Underlining Chevalier Group's commitment to student welfare, Dr. Solanki assured meticulous management of all aspects of education, including admission processes and day-to-day support services. The group runs Indian hostels and canteen in Penza, ensuring comfortable accommodation and three meals a day for Indian students, along with medical assistance during emergencies.

Kshatradhari Mandal, Managing Director of ITCS PVT LTD, Chevalier Group's official partner in South India, announced the deployment of ten distinguished teaching staff to prepare Indian students for Penza State University examinations. This initiative aims to enhance students' educational qualifications and equip them to excel in their studies.

Furthermore, Dr. Solanki revealed Chevalier Group's collaboration with Parul University, Vadodara, to conduct pilot programs based on Penza State University's curriculum. This strategic partnership aims to better prepare students for the challenges of medical education, ensuring their success in the field.

RAJMOHAN SUDHAKAR

EVER CHANGING MOODS

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Defy the constant

Change is what works democracy in the long term, not a constant. Periodic change is brought about by the dance of various political parties in regular time intervals.

But the constant is the in-thing now — a spiral of controlled chaos unleashed to prey on citizens' anxieties and aspirations.

That is pretty much the case from the west to east pushed to the edge of the precipice each day by the tech's social void.

The notion that democracy is taking a beating across the world is exposed in the demonic urge of neoliberal honchos to hold on to power by whatever means at hand - their grim-hold on the news cycle and tech overlords helping them to gamify democracy are what sustains them primarily.

Otherwise the inability to respect or adhere to people's verdict through vote would not manifest so often as we are seeing of late — recently the apex court annulling the aforesaid mockery of electoral democracy, and declaring the electoral bonds invalid are perhaps signals to the electorate to place the faith back again in the presently flailing discourse; to salvage what is left of people's will and representation in governance.

But then again in the reluctance of the State Bank to make public the data of the electoral bonds is taking the collective back to the diabolic constant that would rather have systemic checks and balances made redundant.

The problem with the neoliberal constant - overtly dependent on the exploitation of the vulnerable sections of society to make the rich richer - is that it is boring like any other constant. It makes the collective's response to social injustice bland and one that lacks character over time, though the constant itself was achieved by making examples of those who violated societal norms.

Paradox is the aforesaid words and phrases such as 'bland' or 'lacks character' are not enterprising for entrepreneurship, not in a diverse and pluralistic democracy such as ours that would in earnest want to lift millions from a life of penury.

In the present world order, it appears the power centres are so desperate to keep up their vanilla constants and in no mood to relinquish the reins that may see some of them undergo trials of some sort, at the least in the people's court of conscience.

For instance, just the other day news broke of Indian, Nepalese or other Asian youths from other impoverished economies that are unable to offer employment, lured into rosy prospects of jobs elsewhere, only to find themselves in the frontlines of the Russia-Ukraine conflict.

The constant of neoliberalism has ongoing wars providing jobs for youths in the global south.This news we are privy to because the otherwise shy press somehow thought it was important they share such a shocking instance to the people of the world.

This rather absurd development of providing jobs in a war zone is an example of how desperate are the powerful stakeholders (the commanders, not the commoners of the conflicted geography in Ukraine or Russia) of this so-called geopolitical tussle to ensure that there isn't an end to it in the near future. And well elections are looming: in the United States as well as in India.

That the elections slated within the year are solely dependent on keeping up with the constant of wars or pitting people against people for absolute power is appalling.

The liberals and socialists weren't so clingy to their constants in comparison is in itself a critical inference that how the neoliberal complex have ridden the safeguards of democracy, assumed power and is now busy hollowing it out the world over.

The political opposition as it were, if any, is caught in a bind unable to pull itself out of this quagmire they are sinking deeper into, in the economy of tech in cahoots with technocrat politicians.

Everything is cyclical in the known universe - the revolutions of stars or planets of the cosmos, days and nights, sleep and wake, the seasons, births and deaths, and so forth. Rarely is static or homogeneity the norm. If the algorithms too are programmed for the homogeneity that sustains the neoliberal wrecking ball, then we have a problem, to a degree that is unfathomable to human comprehension as machines stand by to take over.

This is why the neoliberal constant too has to fade and give way to true democratic discourse so to speak now fallen off the tracks, as it is now pushing the human collective into perpetual ruin with propped up, ageing and senile politicians at the helm, blinded by corporate greed, seldom concerned about the aspirations of a billion youths, for instance, in this part of the world. Nor are they allowing the next generations to take the reins and salvage the ailing planet.

Leaf litter & little fires everywhere

Small blaze at Chunchaghatta Lake has citizens pointing to dangers of uncleared biomass near lakes

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A small fire that broke out adjacent to the walkway at Chunchaghatta Lake in JP Nagar, created panic among lake walkers and visitors, on Thursday evening. Their concern is that the large amounts of accumulated dry biomass inside lake boundaries pose a fire hazard.

The fire inside the Chunchaghatta Lake area engulfed a small patch of bamboo vegetation.

"It was a small fire, set most likely by miscreants. The lake has multiple gaps in its fencing that are used by people to enter the lake. However, the presence of a large amount of dry biomass played its role," said a resident of the area, who reported the fire.

Following the incident, a group of nervous lake goers at Doddakallasandra reached out to the officials concerned from Bruhat Bengaluru Mahanagara Palike (BBMP) with the complaint that there was a huge pile of dry leaves next to a bamboo patch inside the lake area. "While cleaning of pathways and other areas inside the lake boundary is happening, all dry leaves are dumped at one place, under a bamboo shoots patch. This huge pile of dry biomass is dangerous in case of an accidental spark," said Soundararajan Rajagopalan, a resident living near Doddakallasandra Lake. After the issue was raised by locals, officials from BBMP's Lake department were swift in clearing the pile. But, not all complaints get quick response.

Chunchaghatta Lake fire

"We go for walks regularly at Agara Lake and the lake area is full of dry biomass. With children and senior citizens frequenting the waterbody regularly, it is a matter of concern for us. We, as RWA, are composting dry leaves in our area. However, the lake is full of it, posing a fire hazard," said Padmashree Balaram, a resident near Sarjapur Ring Road.

Solid waste management experts say city lakes have tonnes of dry leaves fallen on the ground, which should be used to create compost with minimal cost by BBMP for lake gardens.

"Composting dry leaves for manure requires minimal infrastructure and the cost to set up a system is very low. With tonnes of leaf litter across all lakes in the city, not having a composting system is like a missed opportunity. All that BBMP or the Horticulture Department needs to do is collect dry leaves, dump them in a natural ditch, and pour water. Process wise it is as simple as it can get. However, it will require some manpower. The manure produced can be used for lake gardens," said Archana Tripathi, CEO of Saahas.

According to Raghavendra B Pachhapur, lake activist, walkers and visitors need to be vigilant, looking at soaring temperatures and lack of proper management at some city lakes. "With truckloads of biomass and gaps in lake fencing, we are expecting more fire incidents. More often than not, miscreants set fire either on purpose or accidently. Citizens need to be attentive," said Pachhapur.

How to protect trees of Bengaluru

CONTINUED FROM PAGE 1

parking and a better view. For instance, in the most recent case of Sankey Tank, a pastry shop owner was pouring acid into the roots so this old avenue tree would die and his establishment could have a better public view. We have filed an FIR and will ensure maximum punishment under the Act," said Swamy.

Officials argued that for such offences, the current punishment under the Karnataka Preservation of Tree Act is meagre. Offenders, more often than not, get away by paying a penalty amount.

Thus, the idea behind the proposal is to make imprisonment of at least three months mandatory for unlawful killing or harming trees.

"We are looking at a mandatory jail term of at least three months. The cases that have been brought to our notice are at prime locations. Otherwise, everyday people are killing hundreds of trees by adopting such criminal ways. While the department is already taking such offences seriously, we plan to make rules more stringent so such unlawful activities can stop. We are approaching the forest research head of the Karnataka Forest Department and the matter will then be brought to the notice of the forest minister. A report with the latest incidents is being prepared for this purpose," informed the DCF.

A welcome move: Activists

City-based tree activists said such an amendment is the need of the hour. Citing the recent case of a real estate company that illegally cut 303 trees and later got away with it by paying Rs 40 lakh as fine amount, environmentalists pointed out mandatory imprisonment might prove to be a more powerful deterrent.

The Karnataka Preservation of Trees Act has the provision of imprisonment for harming/killing trees, but it is a compoundable offence. Under the current provision, the offender has the option to pay money instead of facing prosecution and imprisonment.

"Currently, imprisonment in such offences comes into the picture, only when the offenders are not in a position to pay the fine. Moreover, typically these violations are by people and industries such as real estate that can afford to pay money as a penalty. This is the reason a lot of people have no fear and such criminal acts continue to take place. Imprisonment should be considered with or without fine, based on the gravity of the offence," said Dattatreya Devare, trustee of Bangalore Environment Trust.

Experts said mandatory imprisonment as punishment for tree felling is important to maintain the leftover green cover of the city.

"There have been cases of citizens poisoning trees and despite police interference and FIRs filed against them, they continue to indulge in such acts. This goes on to show that the current form of punishment is not strong enough. We are already losing a lot of trees to various development activities in the city. The proposal by BBMP should be considered by the minister," said Vijay Nishant, founder of Project Vruksha.

Experts underlined that BBMP's forest cell must put regular information on punishments being awarded to people who harm or kill/cut avenue trees or axe them without permission from authorities.

"These cases should be compiled and published in newspapers and on social media sites for citizens to understand the implications of such unlawful acts," added Devare.

Advertorial promotional feature

One nation, one card for students

Automated Permanent Academic Account Registry launched via Common Service Centres in remote villages

The Centre has recently launched APAAR (Automated Permanent Academic Account Registry) through Common Service Centres (CSCs) in remote villages. The objective of APAAR is 'One Nation, One Student ID'. APAAR has been conceptualized under the National Education Policy (NEP 2020) in which all students are required to register on ABC (Academic Bank of Credits). According to the new rule, it is necessary to have an ABC ID to take admission to any college or university. All school children should be given a provisional APAAR ID immediately, and it should be authenticated with Aadhaar and linked to Digi Locker. A business model for this service for Village Level Entrepreneurs (VLEs) is also being considered. Officials claim that this system will make school education and higher education more transparent and easier.

Officials said that the Automated Permanent Academic Account Registry (APAAR) is a transformative initiative introduced in alignment with the National Education Policy (NEP) of 2020 and the National Credit and Qualifications Framework (NCrF). It aims to provide a unified and accessible academic experience for students across India by assigning a unique and permanent 12-digit ID to every student, consolidating their academic achievements in one place.

The Academic Bank of Credits has been established on the lines of the National Academic Depository (NAD). Despite the fact that ABC enables students to register or commence credit transfer, the final outcomes of credit redemption and issuance of certificates as well as the compilation of award records are administered by academic institutions. Officials said that APAAR ID will remain with the children for their entire life. Students will also be able to get credit in the future by passing various exams.

Students will not be required to give certificates anywhere, and just giving the APAAR ID will be sufficient. The village-level officials will go to schools and enroll students and will provide them with an APAAR ID. Officials claim that this is a revolutionary initiative in which all the records of students can be connected in one place. This will also curb illegal activities.

"ABC is a digital repository or digital storage. Students can easily avail its benefits. For this service, the student does not need to go anywhere else but to the nearest CSC. In this digital credit bank, all the credits, i.e., marks scored by the students and all their personal information will be available. With the help of this ID, it will be easy for all the students to take admission from one institute to another for graduation and post-graduation. Universities will now be able to access all the data of students with one click with the help of the ABC ID. It is a storehouse of credits earned by an individual student throughout his or her learning. This storehouse is virtual or digital. It contains complete information about all the studies done by the student in any institution, his/her performance, and mainly the credits obtained by the student. They can use them at many places and in many ways throughout their studies. The suggestion to bring the Academic Bank of Credit in education was given in the NEP 2020," an official added.

It aims to provide a unified and accessible academic experience for students across India by assigning a unique, permanent ID

Union Minister of Education and Skill Development & Entrepreneurship Dharmendra Pradhan emphasized how the APAAR ID is going to be the aspirational and global document for the students of the country. Highlighting the importance of several important DPIs developed in the country in recent years, he mentioned how 53 such DPIs have been developed in 16 countries, out of which 19 are in India. As of now, 25 crore APAAR IDs have already been created. He also underscored the importance of the interconnectivity of APAAR IDs, Academic Bank of Credit, and Digilocker, creating ease of operations. He also mentioned the other important digital assets like Swayam, DIKSHA, etc. — BMB

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TIME OF SCARCITY

Water-free Holi for Bengaluru

With dry colours and conscious choices, citizens prioritise water conservation in festivities

Garima Prasher
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TWEETS @BangaloreMIRROR

Amid soaring temperatures and fast-drying borewells, Bangaloreans are rethinking their Holi celebration. Many say the festivity is going to be even more low-key this year than usual and in a dryer avatar.

"Holi celebrations in previous years also have been in dry avatars in our area. It is the children who mostly use water during the festival. However, this time around, they have been involved in awareness activities around water scarcity and they are the ones who have been alerting the adults. Witnessing how they've been responsible for managing the ongoing water crisis, it looks like even children will celebrate water-free Holi this year," said Rachna Ravi Kiran, a resident of Hosakerehalli.

Eco-friendly Holi celebration appears to be on cards for adults too. "We all know the city is going through a severe water scarcity. When we do not have water for drinking and other necessities, using it to celebrate Holi is not a good idea. Moreover, using water-based colours increases water consumption to clean yourself and your surroundings too. All festivals, including Holi, should be eco-friendly. I will be celebrating it with just dry colour and wrapping it up with good food and quality time with friends," said Supriya Mehta, a lawyer.

Experts say citizens should be sensitive about the issue and shun the tradition of rain dance. However, if they have to, treated wastewater could be a better option.

> **"When we do not have water for drinking and other necessities, using it to celebrate Holi is not a good idea**
>
> –Supriya Mehta, a lawyer

"Last year, an apartment complex in the city did a rain dance using treated sewage water. STP-treated water sounds like the lesser of the two evils. However, this year the situation is drastically different and the concept of rain dance does not sound appropriate. It is important to retain the tradition of the festival but looking at the ongoing crisis, it is important to create a balance," said Odette Katrak, co-founder of Beautiful Bharat, a citizen volunteer group.

Not just water-free, activists are also advocating chemical-free festivals. "Youngsters should be encouraged to celebrate the festival with organic and chemical-free dry colours. This year since there is a water scarcity in the city one should play dry Holi with herbal gulal powder. Water should not be wasted and children could use water guns at a designated place to save water from being wasted and also since the place has to be cleaned later. The festival of colours can be played with cultural programs and games like musical chairs, tug of war, sack race and also cultural performances like music and dance which does not require water," said Vinod Jacob, Namma Bengaluru Foundation.

BWSSB to deploy 100 additional water tankers

Melvin Mathew
c-melvin.mathew
@timesgroup.com
TWEETS @BangaloreMIRROR

To address the water crisis in Bengaluru, the Bangalore Water Supply and Sewerage Board (BWSSB) plans to deploy another 100 water tankers for the Cauvery water supply. Currently, BWSSB has been deploying 110 water tankers to 110 villages where water shortage is prominent.

"We have received 110 water tankers from RTOs and have been supplying Cauvery water to 110 villages. These are private water tankers taken from the owners with an excess capacity of 5-10 water tankers. We are not seeing a reduction in the Cauvery water supply, and it's only affecting regions dependent on borewells. For those regions, we are providing free water supply through water tankers," said a senior BWSSB official.

A water tanker supplying water to places facing water scarcity

The water tankers provided by the Transport Department are being completely operated and run by BWSSB staff.

According to BWSSB officials, they are utilising water tankers provided by RTOs. "In the first phase, RTOs provided us with 110 tankers for the 110 villages, and in the second phase, another 100 might be received. The deployment regions would be decided based on requirements," he added. The second phase might not be completely focused on 110 villages alone.

However, officials say that the deployment is only a temporary measure and would only continue for 3-4 months. Currently, water tankers are going to the 110 villages after filling water from supply stations.

To address the water crisis, the state government allocated Rs 128 crore to BWSSB and Rs 148 crore to Bruhat Bangalore Mahanagara Palike (BBMP).

The transport department has been impounding private water tankers and supplying them to BWSSB to meet their vehicle shortage. The state government is also in the process of registering these private tankers and has imposed a cap on prices to prevent soaring prices.

Recently, Deputy Chief Minister DK Shivakumar said that only 10 per cent of the total water tankers have registered while Bengaluru has around 3,500 water tankers.

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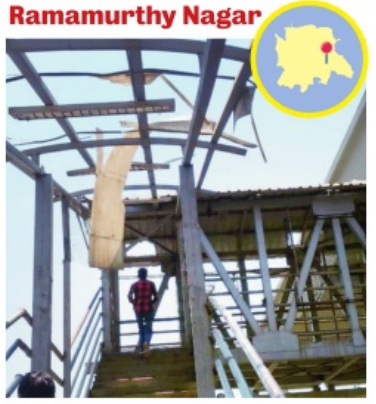

All the rooftops of the foot overbridges opposite Channasandra Railway Station have been stolen.

Dirty footpath
Jayanagar

Garbage and debris have accumulated between the 40th and 47th cross, near Sangam Circle. Street vendors, shopkeepers, and canteens have encroached upon the road and footpath. The authorities are urged to take action.

Animal hangout
Sajjan Rao Circle

The pavements and roads are in a pathetic condition. Despite repeated pleas, no measures have been taken to prevent the feeding of pigeons and cows, making the area infested with animals and a health and traffic hazard.

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17 Mukhi Shani Rudraksh: This Rudraksha is considered to be a provider of meaning, work and salvation. It is helpful to provide property, vehicles, jewellery and many types of comfort.

16 Mukhi Rudraksha ensures victory over adversaries. It can be worn singularly or in combination with other Rudraksha. People involved in import-export, chemical and pharmaceutical businesses are advised to wear this bead.

14 mukhi Rudraksh: This bread is called Dev Mani and is considered a symbol of Lord Shiva and the ruling planet is Saturn, which Lord Hanuman rules. Lord Shiva and Hanuman bless a person wearing or worshipping this Rudraksha bead. Best suited for builders, developers and share traders.

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TIMING : 11 am to 8 pm.

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Why Nelamangala beckons land buyers

Bengaluru-Nelamangala-Mumbai road is crucial traffic corridor that has only added to area's appeal and infrastructure facilities

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The Bengaluru-Nelamangala-Mumbai road isn't merely a crucial traffic corridor; it also serves as a catalyst for real estate growth. Industrial corridors and townships are flourishing along this stretch, making it an exceedingly attractive destination for real estate investment. Despite being mostly four or six lanes, efforts are underway to convert the entire four-lane stretch into a six-lane one.

A NHAI official said, "To begin with, ensuring a smoother journey is the Hubli-Dharwad bypass. Although the entire Bengaluru to Mumbai stretch was upgraded to four lanes, this section remained a two-lane road due to being a private road developed by a concessionaire and legal entanglements. Finally sanctioned on January 24, 2022, for six-laning over 30.35 km, work commenced on March 25, 2023. Currently, only 1.05 km has been completed, with an estimated completion date of September 21, 2025, and an expenditure of Rs 135.41 crore incurred."

Another vital segment of the Bengaluru-Mumbai highway is the six-laning of the Belagavi-Sankeshwar bypass road. Sanctioned on November 11, 2021, at a cost of Rs 1,479.3 crore, work commenced on October 25, 2022. Out of the 40.01 km project, 11.18 km has been completed, and the project is now estimated to conclude by April 24, 2025, with an expenditure of Rs 338.54 crore. "The six-laning of the Sankeshwar-Karnataka/Maharashtra bypass work was sanctioned on November 11, 2021, with a budget of Rs 1,388.7 crore, and work began on October 25, 2022. Only 9.05 km out of the 37.83 km stretch is over, and the anticipated completion date is April 24, 2025," added an official.

There is a boom in real estate in and around Nelamaangala. R Shivakumar, a realtor said, "Nelamangala stands out as a preferred location for real estate investment due to its strategic positioning and promising growth prospects. Situated at the intersection of major highways like NH-48 and NH-75, Nelamangala offers excellent connectivity to Bengaluru, Tumakuru, and other key cities in Karnataka. Its proximity to the industrial hubs of Peenya and Tumkur Road further enhances its appeal, attracting both investors and homebuyers alike. Additionally, the area is witnessing rapid infrastructural developments, including proposed metro connectivity and improved road networks, which are poised to drive property appreciation in the coming years. With its blend of connectivity, convenience, and future potential, Nelamangala presents an attractive investment opportunity in the thriving Bengaluru real estate market."

Many are preferring to buy properties in and around Nelamangala. Sanya D, a techie, said, "After extensive research and consultation with real estate experts, my family and I have decided to invest in a property in and around Nelamangala. The area's serene environment and proximity to nature appealed to us, providing a peaceful living atmosphere away from the city's chaos. Nelamangala's strategic location offers convenient access to Bengaluru." **-Prakash VL**

'78% women homebuyers are end-users'

More Indian women than ever before are financially empowered to buy their own homes. Lower stamp tax for properties registered in a woman's name and special housing loan programmes have also made it easier for women to invest in real estate. Santhosh Kumar, Vice Chairman - ANAROCK Group, says "Women today are no longer mere influencers in the home-buying process, but independent decision makers and are buying homes for either self-use or investment. According to the latest ANAROCK Consumer Sentiment Survey, a whopping 78% of women homebuyers prefer to buy homes for end-use, and 22% will do so for investment. If we look back in H2 2021, this end-use vs investment ratio stood at 74:26."

Women are independent decision makers in the home buyers' market

61% of women respondents see housing as the preferred investment asset class. Approximately 16% prefer the stock market, and 14% pick gold. Of the total of 5,510 survey participants, women comprised a 50% share. Notably, 3BHKs are the most favoured configurations for a significant 57% women respondents, followed by 29% women home seekers voting for 2BHKs. Around 9% are looking for 4 BHK homes or larger. In terms of budget ranges, nearly 36% of respondent women home seekers prefer to buy mid-segment housing (priced Rs 45 - 90 lakh), followed by 28% preferring premium homes priced between Rs 90 lakh and Rs 1.5 crore. A significant 23% prefer to buy luxury homes priced over Rs 1.5 crore, and just 20% will settle for affordable homes priced lower that Rs 45 lakh.

"While the survey finds that 24% of all surveyed home seekers now prefer newly launched properties, a deep dive reveals that just 15% of women respondents prefer homes in newly launched projects," says Kumar. "A massive 71% will zero in on properties that are either ready or to be completed within the next six months. This clearly indicates that the majority are buying for immediate self-use. A greater number of Indian women are buying their own homes because they want to feel safe and independent," he added.

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BENGALURU SPEAKS

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STORYBEHINDTHEPHOTO

WATCHING YOU, WATCHING ME

A red-whiskered bulbul stares right into the lens of the camera

The picture was clicked by BM reader **Venkatalakshmi S**

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DID YOU KNOW?

The ISKCON Temple in Bangalore, inaugurated in 1997, spans seven acres, making it the largest ISKCON Temple worldwide. It is built in a unique blend of modern and traditional architectural styles, crafted from pure white marble adorned with intricate carvings and sculptures. Devotees from around the world visit to offer prayers and seek blessings from Lord Krishna. The temple's main attraction is a 17-metre-high gold-plated flag post. Additionally, the temple offers amenities such as a vegetarian eatery, a gift shop, and a bakery selling delicious snacks and sweets.

GET HEARD WITH MIRROR

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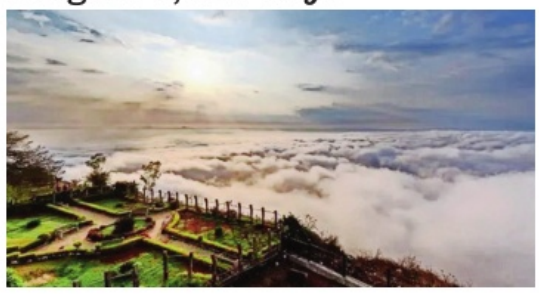
Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAPTHECHATTER

where Bengalureans speak their mind

What's your preferred weekend getaway destination from Bengaluru, and why?



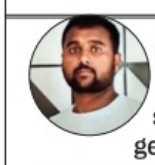
Raghav K, BM Reader
Kodagu holds a special place in my heart as the ultimate weekend getaway destination from Bengaluru. Nestled amidst breathtaking beauty, Coorg offers a serene escape from the hustle and bustle of city life.

Murugesh M, BM Reader
TK Falls is my preferred weekend getaway destination due to its proximity to Bengaluru and its serene ambience. Just 35 kilometres away from the city, TK Falls offers a quick and convenient escape from urban life.

Muniswami A, BM Reader
The Hosur-Tamil Nadu Road serves as my preferred weekend getaway, offering a refreshing escape from the bustling city life of Bengaluru. These destinations, especially when traffic is light, provide a welcome change of pace.

Rupam Nazaria, BM Reader
Kanakapura emerges as my budget-friendly weekend retreat, renowned for its natural beauty and historic landmarks. Here, one can explore attractions such as Chunchi Falls, Bilikal Rangaswamy Betta, and Bananthimari Betta.

Bindhu NA, BM Reader
Lalbagh Botanical Garden is my favourite weekend destination in Bengaluru. This tranquil haven boasts a diverse array of plants and features a renowned glasshouse hosting an annual flower show.



Kiran Kumar S, BM Reader
Bannerghatta National Park stands out as the ideal weekend getaway for wildlife enthusiasts. The park boasts a zoo, a pet corner, an animal rescue centre, a butterfly enclosure, an aquarium, and a safari park.

SPEAK TO US

How do you feel about the balance between urban development and environmental conservation in Bangalore?

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

Citizens rally against BBMP's property tax proposal

| Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

A group of citizens and members of residents' welfare associations, along with Namma Bengaluru Foundation, have made recommendations and objections to Bruhat Bengaluru Mahanagara Palike (BBMP) Chief Commissioner Tushar Giri Nath regarding the draft notification on the proposal to collect property tax based on the guidance value. They opined that the timing and implementation of the draft notification posed a challenge, as it was released too late for citizens to respond effectively, providing only a month for preparation. They said the citizens have been happy with the current SAS system.

They suggested that any necessary modification can be made to the SAS system. They said that the potential for discretionary decision-making in the new system raises concerns about varied taxes for similar properties. They opined that the shift to a property tax based on the guidance value is criticised for its potential to increase taxes beyond citizens' capacity. They also added that the draft notification also fails to address important issues such as land apportionment for multiple owners of a single plot and the inclusion of vacant land in tax computation, which has been a standard practice in the CVS system used by municipalities.

Citizens in discussion with the BBMP Chief Commissioner

In response, the BBMP Commissioner provided key insights, including the mapping of 22,000 roads under the BBMP jurisdiction. He clarified that property tax will be determined based on the property ID assigned by the BBMP, ensuring differentiation between diverse properties, such as slums in the CBD and upscale villas in Jakkur. "We should evaluate properties not solely based on their area or location but also consider the amenities and public infrastructure accessible in the surrounding area or community. Moreover, BBMP has granted an extension until July 31, 2024, for citizens to settle pending taxes without incurring penalties," the BBMP Commissioner said.

Vinod Jacob, General Manager, NBF said that he is deeply concerned about the recent increase in property tax, which is now based on the capital value, including the guidance value of land and construction value of buildings. "The guidance value is revised by the government almost every year, primarily to increase registration stamp duty charges and revenue to the exchequer. This increase in tax is especially alarming considering that the guidance value becomes relevant only during property transactions when the government collects stamp duty," said Jacob.

Commander (Retd.) MS Srikant, member, the executive committee, Chamarajpet RWA said that the objections were formally submitted on the proposed new property tax methodology. "The guidance value, employed as a benchmark, is deemed inaccurate due to its arbitrary nature and the opaque methodology employed in its determination," said Srikant.

INTERVIEW | AMRITA RAO, ACTOR

Change is coming

Amrita tells us about evolving portrayal of women in B-Town

Known for her captivating screen presence, Amrita Rao has portrayed a diverse range of characters. Milana Rao of ETimes got in touch with her on the occasion of Women's Day for a freewheeling interview where she shared insights on the evolving portrayal of women in Bollywood, challenges faced by newcomers and more. Excerpts...

How do you believe the portrayal of women in Bollywood films has evolved over the years, and what changes would you still like to see?
Indian cinema has always accorded equal importance to heroines in their scripts, evident from iconic films like Bandini, Sujata, Aarti, and Mother India. However, even as a child, I cringed at scenes in many movies where heroines were repeatedly depicted as somewhat naive and incapable of handling challenging situations. For instance, they often found themselves trapped even after confidently stating to the villain, "I know everything, I will inform the police." This trend skewed towards empowering the heroes as smarter and stronger than heroines. Over the last two decades, particularly in music lyrics, there has been a significant decline in addressing women as objects of sexual desire in the most brazen manner. Moreover, a man doesn't need ten semi-nude women dancing behind him to assert his heroism or machismo. This aspect certainly warrants change in Indian cinema.

What challenges do you believe women face in the Indian film industry, and what steps can be taken to address them?
In the film and television industries, newcomers without strong family support may encounter unprofessionalism from directors or producers. They might be pressured into performing intimate scenes or difficult stunts beyond their capabilities, potentially resulting in injury. Fortunately, I did not face such situations. Nevertheless, budding artists should ensure protective contract clauses and have family members or respected managers present on set. Moreover, the inclusion of an 'intimacy coordinator' on sets can ensure comfort for artists signing up for on-screen intimacy.

Can you share an experience where you felt empowered while working on a film set?
My entry into movies was marked by consecutive box office hits, instantly establishing me as "Amrita Ji" in the film industry. The empowering aspect for me was being in a position where I could politely decline roles, even from top banners or directors, if they included scenes I wasn't personally comfortable with. Thankfully, all directors respected my decisions graciously.

To read the complete interview, scan this qr code:

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Time for time travel

BLINK (KANNADA)
2.5 RATING ★★½☆☆
- **DIRECTOR** Srinidhi Bengaluru
- **ACTORS** Deekshith Shetty, Chaithra Achar, Mandara Bettalahalli, Gopalkrishna Deshpande
- **CERTIFICATION** U/A
- **DURATION** 136 minutes

Director Srinidhi Bengaluru, known for his passion for theater, deserves a pat on his back for selecting a science and fiction script for this movie. It begins with a group of theater artistes rehearsing for a play while a few others are arranging the set for the play.

Apoorva aka Appu (Deekshith Shetty), who is unemployed, works as a backstage worker and is on a hunt for a part-time job of editing or script writing. Appu is close to Swapna aka Sappi (Mandara Bettalahalli) who is not only a great supporter and motivator of his but also a benefactor whenever he needs money.

An elderly man (Suresh Anagalli) meets Apoorva and asks about his parents. Apoorva wants to find out why the man wanted to know about his parents and so he tries to follow him, but that doesn't work out. He also sees a person similar to him along with his sweetheart Swapna.

Meanwhile, the director introduces the episode of Gopal alias Gopi (Gopalkrishna Deshpande) who works at a newspaper office in Rayadurg. Gopal meets Arivu (Vajradheer Jain), who comes to Rayadurg to attend a book launch function. Arivu falls in love with Gopal's sister Devaki (Chaitra Achar). What happens to them and whether Apoorva is able to find answers to his queries is what the movie Blink is all about.

The movie revolves around a few different episodes with different timelines. As far as the performance of the cast is concerned, Deekshith Shetty has acted well as an affectionate and possessive lover, a hapless unemployed youth and a frustrated young man. Mandara Bellahalli has also acted well as a theater artiste, friend and lover. Gopalkrishna Deshpande deserves appreciation for dialogue delivery and body language. Chaithra Achar walks away with all honours for her sterling performance. Her dialogue delivery and gestures are superb.

It would have been a great relief for the audiences, if the director had included a comedy element and also reduced the number of time travel sequences.

But all in all, the movie is worth a watch for time travel buffs.

—Y Maheswara Reddy

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GTTC/NTTF/BE Mechanical with 2 to 4 years' experience and Design Engineer 4 to 8 years' experience. **Skills required** - design sheet metal development, fixture design for metal fabrication, press tools, drafting. NC fixtures, software skills - solid works and AutoCAD

• MANUFACTURING ENGINEER (Composite)
5-8 years of experience in composite manufacturing engineering with the process experience in prepreg autoclave curing, wet layup, resin infusion process, assembly, quality requirement with exposure in CAD/ CATIA / SOLIDWORKS

• VMC OPERATOR & SETTER - ITI / Diploma Mechanical
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• TIG WELDER
ITI welder with 3-5 years' experience in TIG Welding

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real estate

BANGALORE PROPERTIES

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3 BHK (2450 sft) high end, All teak & bath fittings, E.Facing BBMP A Katha Near Deepa Complex Nagarbhavi, 1.55 cr (Nego), 2 carpark, Terrace Party hall-9449719008, 9448462661

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FLAT for Sale @ ELEGANT VALLEY, BEML 3rd Stage Gattigere, RR Nagar, West facing 2BHK, 1180sq, 65L negotiable. Mob: 9972061617.

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VISVESWARAIAH LAYOUT

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BANGALORE

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personal

CHANGE OF NAME

I, Kinshuk Bhattacharyya R/o N-306, Purva Venezia, Yelahanka, Bangalore 560064 have changed my minor son's name from Abhinav Bhattacharyya to Abhi Bhattacharyya.

I, Jogesh Rajkumar S/o. Rajkumar Mudaliar, R/a, No.T301, Sreesai Krupa Ashirwad, Narayana Reddy Layout, Banaswadi, Bengaluru-43. I have changed my name To JOGESH R MUDALIAR Vide affidavit date: 07.03.2024. Sworn before Notary: Devaraja E.

I Prarthna Vishakdev Mani W/o Vishakdev Mani R/o No 2221, 4th Main, 23rd Cross, banashankari 2nd Stage bengaluru 560070 have changed my name to Prarthna Eashwar Vishak for all purposes

I, Shruthi Padmanabha W/O Arun Prakash born on 19/05/1988 residing at 347, 4th Main, 16th Cross, Sadashivanagar, Bangalore 560080, have changed my name to Shruthi Arun vide affidavit dated 05/03/2024 at Bangalore.

I, Geetamani W/o, G Gopal R/o #08, 7th Cross, Near Law College, Santhosh Nagar, Attur Yelahanka, Bangalore North - 560064 have changed my name to G Geethamani for all purposes.

I, ABDUL RAHEEM R/at No.63, Millers Road, Next to Benson Town, Bangalore-560046 have changed my name to MOHAMMED ABDUL RAHIM, For all Purposes.

I Vishakdev Mani S/o Vasudev Mani R/o No 2221, 4th Main, 23rd cross, banashankari 2nd Stage, bengaluru 560070 have changed my minor daughter name from Adrika Prarthna Vishakdev Mani to Adrika Prarthna Vishak for all purposes.

I, Mamatha Nagappashetty Krishnamurthy W/o Srinath P R R/o Ward-6, 1st cross, Railway station road, Kolar 563101 have changed my name to Mamatha Srinath affidavit Dt.08/03/2024 notary Harisha G, Bengaluru

I, AMIT CHIDANAND SAVADAKAR, Residing at No. 401, SP Lotus, Ravi Hill View Layout, Ittamadu, BSK 3rd Stage, Bengaluru-560085, have changed my name to AMIT SAVADAKAR, vide affidavit dated: 07.03.2024 before notary V. RAJASHEKHARA, Bengaluru.

I Pavan Kumar Manohar S/O, Manohar Shetty R/o No 202 3rd A Cross Sree Tejjaan Elite Chikkabanaswadi Subbayanpalya M S Post Blr 560033 have changed my name to Pavan Kumar Shetty.

GET NOTICED

chill summer
neev MATTRESS
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SWEAT FREE SLEEP SURFACE
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Free air cooler
18 Litres Slim Aircooler
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Brand Stores: Rajajinagar | Basvangudi
C: 7338021446, 9686681034

Grand Flea Market Presents
ಬೆಂಗಳೂರು ಉತ್ಸವ
Bengaluru Utsava
(Art, Craft, Handloom & Lifestyle Exhibition)
Date:
8th March 2024 to 17th March 2024
Timings: 11:00 AM to 7:00 PM
(10 Days Exhibition)
Arts | Handicraft | Clothings
Fashion Accessories | Home Decor & More
Venue:
Karnataka Chitrakala Parishath,
Kumara Krupa Road, Bengaluru
Contact :
6364685716 / 9036658774
100+ Shopping Stalls | Live Performance | 10 Days Exhibition | Free Entry

CONNECTION LOST

Our family is always glued to separate devices. How can we connect again?

It's Saturday afternoon and the kids are all connected to separate devices. So are the parents. Sounds familiar?

Many families want to set ground rules to help them reduce their screen time – and have time to connect with each other, without devices.

But it can be difficult to know where to start and how to make a plan that suits your family.

First, look at your own screen time Before telling children to "hop off the tech", it's important parents understand how much they are using screens themselves.

Globally, the average person spends an average of six hours and 58 minutes on screens each day. This has increased by 13 per cent, or 49 minutes, since 2013.

Parents who report high screen time use tend to see this filtering down to the children in their family too. Two-thirds of primary school-aged children in Australia have their own mobile screen-based device.

Australia's screen time guidelines recommended children aged five to 17 years have no more than two hours of sedentary screen time (excluding homework) each day. For those aged two to five years, it's no more than one hour a day. And the guidelines recommend no screen time at all for children under two.

Yet the majority of children, across age groups, exceed these maximums. A new Australian study released this week found the average three-year-old is exposed to two hours and 52 minutes of screen time a day.

Some screen time is OK, too much increases risks

Technology has profoundly impacted children's lives, offering both opportunities and challenges.

On one hand, it provides access to educational resources, can develop creativity, facilitates communication with peers and family members, and allows students to seek out new information.

On the other hand, excessive screen use can result in too much time being sedentary, delays in developmental milestones, disrupted sleep and daytime drowsiness.

Too much screen time can affect social skills, as it replaces time spent in face-to-face social interactions. This is where children learn verbal and non-verbal communication, develop empathy, learn patience and how to take turns.

Many families also worry about how to maintain a positive relationship with their children when so much of their time is spent glued to screens.

What about when we're all on devices?

When families are all using devices simultaneously, it results in less face-to-face interactions, reducing communication and resulting in a shift in family dynamics.

The increased use of wireless technology enables families to easily tune out from each other by putting in earphones, reducing the opportunity for conversation. Family members wearing earphones during shared activities or meals creates a physical barrier and encourages people to retreat into their own digital worlds.

Wearing earphones for long periods may also reduce connection to, and closeness with, family members. Research from video gaming, for instance, found excessive gaming increases feelings of isolation, loneliness and the displacement of real-world social interactions, alongside weakened relationships with peers and family members.

How can I set screen time limits?

Start by sitting down as a family and discussing what limits you all feel would be appropriate when using TVs, phones and gaming – and when is an appropriate time to use them. Have set rules around family time – for example, no devices at the dinner table – so you can connect through face-to-face interactions.

Consider locking your phone or devices away at certain periods throughout the week, such as after 9 pm (or within an hour of bedtime for younger children) and seek out opportunities to balance your days with physical activities, such kicking a footy at the park or going on a family bush walk.

Parents can model healthy behaviour by regulating and setting limits on their own screen time. This might mean limiting your social media scrolling to 15 or 30 minutes a day and keeping your phone in the next room when you're not using it.

When establishing appropriate boundaries and ensuring children's safety, it is crucial for parents and guardians to engage in open communication about technology use. This includes teaching critical thinking skills to navigate online content safely and employing parental control tools and privacy settings.

Parents can foster a supportive and trusting relationship with children from an early age so children feel comfortable discussing their online experiences and sharing their fears or concerns.

(By Elise Waghorn, RMIT University, The Conversation)

All you need to know about...

5 ways to reduce stress

Do The 4-7-8
Also known as 'relaxing breath', the 4-7-8 breathing technique reduces anxiety and can also help you fall asleep. Before you put this breathing pattern into practice, get into a comfortable sitting position. Place the tip of your tongue right behind your front teeth, and focus on breathing.
- Empty your lungs by exhaling
- Breathe in through the nose for four seconds
- Hold your breath for seven seconds
- Exhale through the mouth for eight seconds while pursing lips and making a whoosh sound
- Repeat this for four times

Progressive Relaxation
Progressive Muscle Relaxation or PMR is a technique that's effective in reducing overall body tension and psychological stress. The technique involves tensing and relaxing all the major muscles in your body gradually. Cover all the muscle groups one by one, inhaling while contracting for five to 10 seconds and exhaling while relaxing the muscles. Give yourself 15-20 seconds between each muscle group.

Head out
Give yourself a change of scenery–take a walk or, even better, go for a run! While a meditative stroll can calm you, exercising can release endorphins, the mood-boosting chemicals.

Engage in an activity
Refresh the mind by reading a thriller or watch a comedy show or movie and bring back your happy laugh! You can also busy yourself in doing something creative.

Play with a pet
Studies show that interacting with animals decreases levels of the stress hormone cortisol. Playing with pets like dogs or cats can also reduce feelings of loneliness while boosting mood. If you don't have a pet, try feeding strays in your area.

—Femina

GET NOTICED

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SITE FOR SALE - Residential Layout at Doddaballapur Town, Bangalore Rural Dist.

Specifications:
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* Drainage Facility
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* 30 & 40 ft Tar Roads
* Rain water Harvesting
* Cross Name Boards

Ready for Registration
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MIRRORLIGHTS

Children with 'lazy eye' at higher risk of serious disease in adulthood: Study

According to a new study performed by UCL researchers, those who had amblyopia ('lazy eye') in childhood are more likely to experience hypertension, obesity, and metabolic syndrome in adulthood, as well as an increased risk of heart attacks.

In publishing the study in eClinicalMedicine, the authors stress that while they have identified a correlation, their research does not show a causal relationship between amblyopia and ill health in adulthood.

The researchers analysed data from more than 126,000 participants aged 40 to 69 years old.

Participants had been asked during recruitment whether they were treated for amblyopia in childhood and whether they still had the condition in adulthood. They were also asked if they had a medical diagnosis of diabetes, high blood pressure, or cardio/cerebrovascular disease (ie. angina, heart attack, stroke).

The researchers confirmed that from 3,238 participants who reported having a 'lazy eye' as a child, 82.2% had persistent reduced vision in one eye as an adult. The findings showed that participants with amblyopia as a child had 29% higher odds of developing diabetes, 25% higher odds of having hypertension and 16% higher odds of having obesity. They were also at increased risk of heart attack.

— IANS

Chai-Time

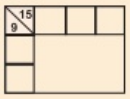
SOLVE IT IN A MINUTE

7#÷6#÷5#+4! = ?

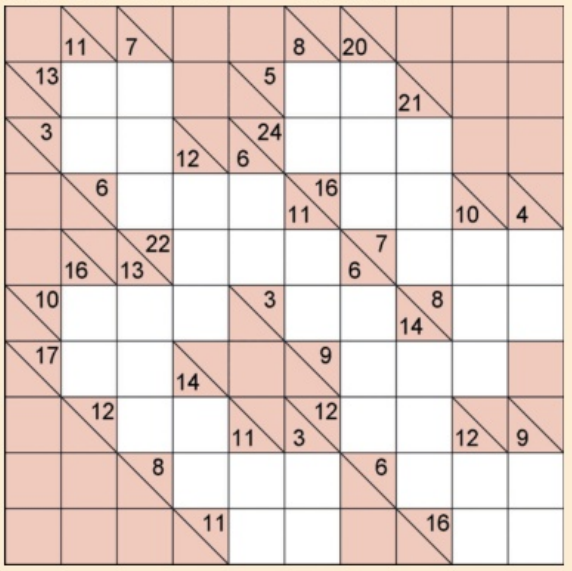
mybangaloremirror@timesgroup.com
facebook.com/theBangaloremirror
@BangaloreMirror

Kakuro

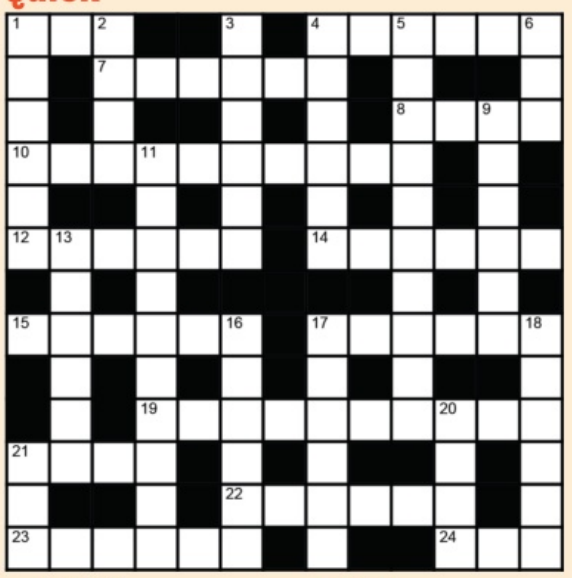
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Body of water (3)
4 Tried out (6)
7 Decipher, interpret (6)
8 Reminds or urges constantly (4)
10 Showing or exhibiting (10)
12 Agreement (6)
14 Creators (6)
15 Beat or thrash (6)
17 Accumulates by skimping? (6)
19 City art gallery which has a variety of paintings (10)
21 Half (prefix) (4)
22 Beguile or ensnare (6)
23 Remained (6)
24 Secret agent ? (3)

DOWN

1 Sports grounds (6)
2 Finds the sum of (4)
3 He is low on courage (6)
4 Dreariness (6)
5 Former Sri Lankan wicket keeper (10)
6 Ex-Opening batsman Shiv Sunder __ (3)
9 Looked at fixedly (6)
11 Natural tendency, propensity or inclination (10)
13 Luck or opportunity (6)
16 Made a play on words (6)
17 Enthusiastic or strong (6)
18 Barely sufficient (6)
20 ___ up : enthuses or elates (4)
21 Distress signal (3)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: X EQUALS G

ITT GC GSM MDIRGEHEX DEWR HE RSMMDEWDM PG CDDTHEX.

Linemaro

I know somebody who likes you but if I weren't so shy, would tell you who

Mindchow

Decide your problems are your own. Don't blame them on your mother, the ecology or the president

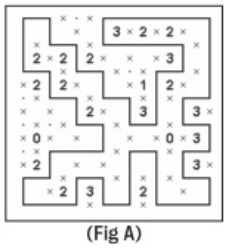
Joke of the day

You know you're unpopular when it comes to a group picture and they hand you the camera

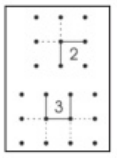
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

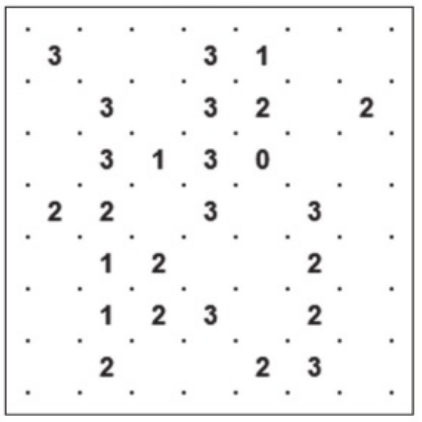


(Fig B) Not Allowed

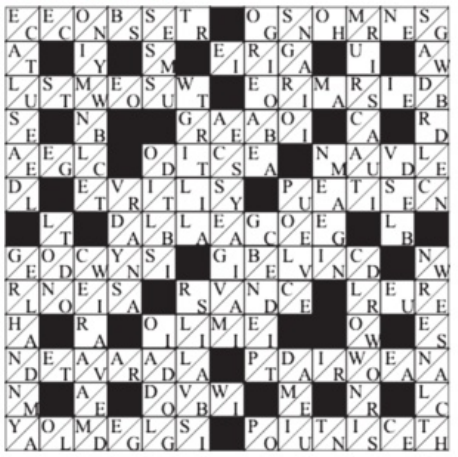
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



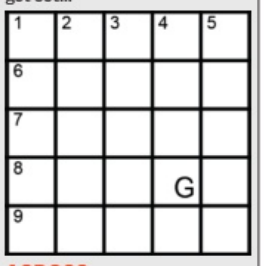
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Troop; 6 Or lev;
7 Namur; 8 Me erg;
9 Bar yo

DOWN

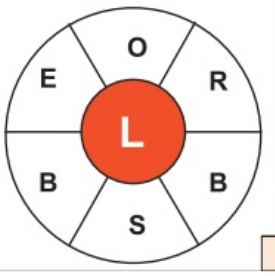
1 LM pub; 2 No ore;
3 Yo RAV; 4 Great;
5 Me Orr

Mensapuzzle

What number is, logically, missing from the sequence below?

348269, 284315, ***, 8438, 4811, 842, 86**

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

07 Average; **08** Good; **10** Outstanding

SudokuChallenge

		2					6	4
8		6	3					7
				6	5	9		
5	1	3			9			
4								6
			1			2	5	3
		5	7	1				
2					3	7		5
7	9					8		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

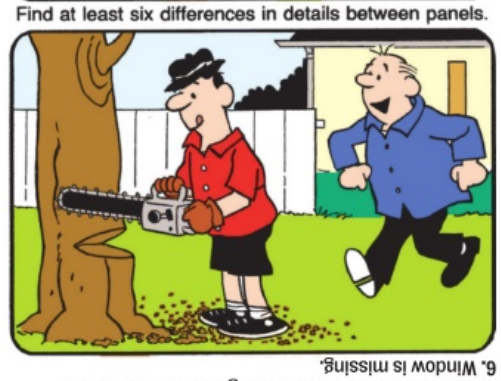
Easy = 11
4 5 7 9

Medium = 24
2 2 4 7

Hard = 1
2 8 8 2

Hocusfocus

Find at least six differences in details between panels.



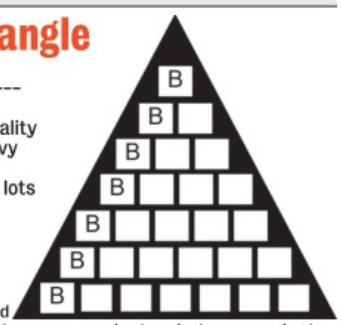
Differences: 1. Leg is moved. 2. Saw blade is longer. 3. Man is thinner. 4. Bush is larger. 5. Arm is moved. 6. Window is missing.

Riddler

What phrase is represented below? to-inG and fro-ing back and fOrth side to side up and dowN left to riGht

Alpha triangle

1 Second grade
2 To ----or not to ---
3 Gamble
4 Of the highest quality
5 Moisten with gravy
6 Soaks in the tub
7 Consignments or lots



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye

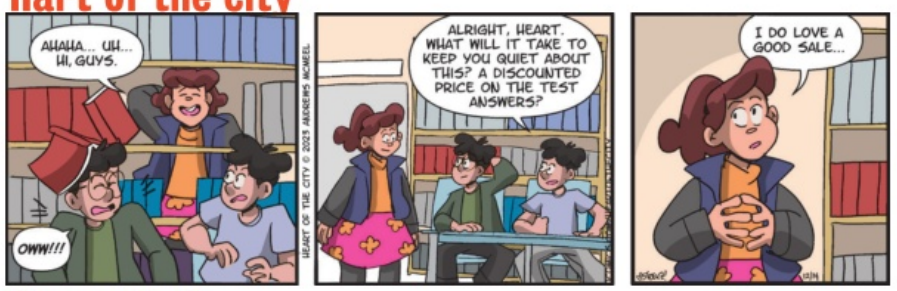
YOU CAN'T CATCH FISH IN A WELL!
I HAS ALREADY HOOKED THE ONE I WANTS!
NEXT TIME WATCH WHERE YER GOIN' WHEN YER EATIN' A HAMBURGER!
THANK YOU, OL' PAL!
6-22
popeye.com

Bizarrotrip

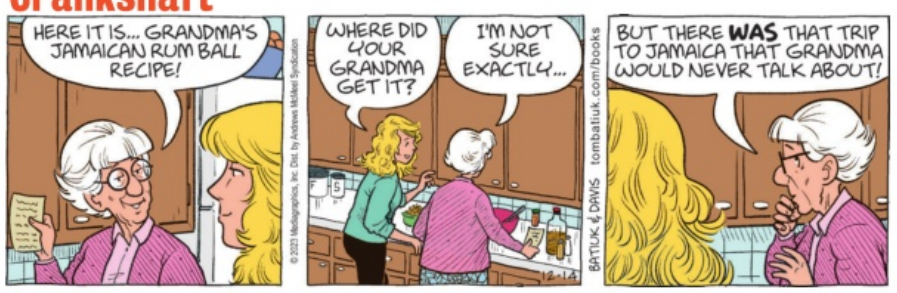
Wayno & 3 PIRORS 12-14-23
BIZARRO.COM
Are you sure you didn't order a smart speaker recliner? It's Amazon's hottest item.
ARTIFICIAL INDULGENCE

Diamond Lil

Hart of the city


AHALLA... UH... HI, GUYS.
OWW!!!
ALRIGHT, HEART. WHAT WILL IT TAKE TO KEEP YOU QUIET ABOUT THIS? A DISCOUNTED PRICE ON THE TEST ANSWERS?
I DO LOVE A GOOD SALE...
HEART OF THE CITY © 2023 AUDREY MOMEL

Crankshaft


HERE IT IS... GRANDMA'S JAMAICAN RUM BALL RECIPE!
WHERE DID YOUR GRANDMA GET IT?
I'M NOT SURE EXACTLY...
BUT THERE WAS THAT TRIP TO JAMAICA THAT GRANDMA WOULD NEVER TALK ABOUT!
BATIUK & DAVIS tombatiuk.com/books
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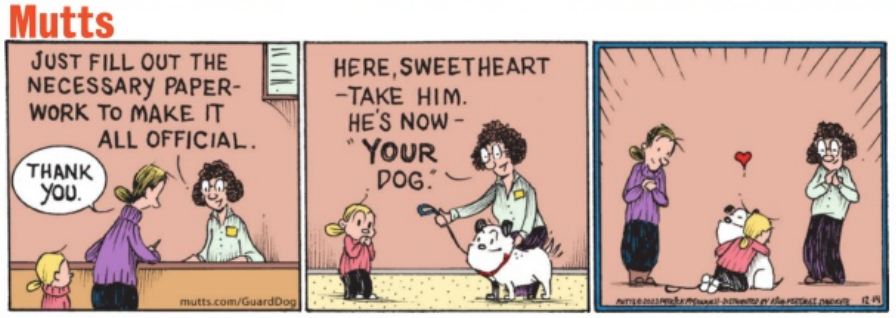
Mutts


JUST FILL OUT THE NECESSARY PAPER-WORK TO MAKE IT ALL OFFICIAL.
THANK YOU.
HERE, SWEETHEART -TAKE HIM. HE'S NOW - "YOUR DOG."
mutts.com/GuardDog

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you are blessed by the Moon, which may give you confidence. You may be able to make important decisions confidently and seize opportunities without hesitation. Additionally, you may plan for higher studies and engage in intellectual discussions with others.

Taurus Apr 21 – May 20
Today, you may feel dull and struggle to complete tasks, affecting your confidence. Past investments may yield negative returns, and it's advised to avoid arguments on trivial matters. Exercise control over unnecessary spending to conserve resources.

Gemini May 21 – Jun 21
Today, you may feel energetic and perform efficiently at work, boosting your confidence. Property disputes with siblings may be resolved, and you may expand your network through influential connections. Short trips are also indicated.

Cancer Jun 22 – July 23
Today, you are blessed by the Moon, bringing happiness. Your communication skills may help secure a significant order, and you may make tough business decisions with the support of colleagues. Politeness enhances your reputation.

Leo Jul 24 – Aug 23
Today, you are blessed by the Moon, marking a favourable day. You'll enjoy vitality at work and romantic moments with your spouse, improving domestic harmony. Planning for new projects and job seekers finding suitable opportunities are highlighted.

Virgo Aug 24 – Sep 23
Today, you may not feel well as old health issues resurface, leading to frustration. Avoid hasty decisions and impulsive actions. Be cautious with finances to prevent wasteful spending.

Libra Sep 24 – Oct 22
Today, the Moon's blessings bring happiness and potential gains from past investments. Quick decision-making abilities may lead to future success in work matters.

Scorpio Oct 23 – Nov 22
Today, you may be busy at work and benefit from a strong network to implement plans successfully. Wisdom aids in profitable investments, and romantic moments with your spouse enhance domestic harmony.

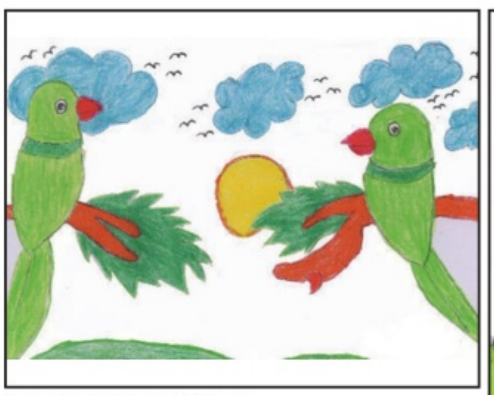
Sagittarius Nov 23 – Dec 22
Today, you are blessed by the Moon, marking the end of previous challenges. Hard work yields results, and collaboration with subordinates helps accomplish postponed tasks. Business gains improve financial prospects.

Capricorn Dec 23 – Jan 20
Today, you may feel low, experiencing health issues and advised to avoid new investments or ventures to prevent losses. Exercise caution in financial matters to prevent gains from turning into losses.

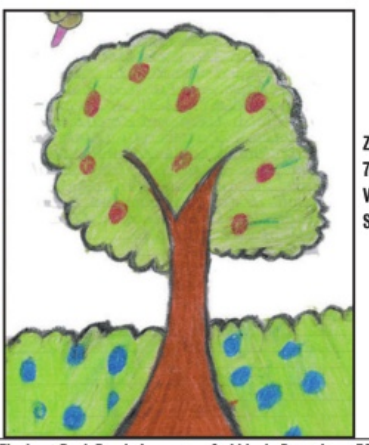
Aquarius Jan 21 – Feb 19
Today, enthusiasm accelerates your projects, enabling quick decision-making and business growth. However, avoid investing in fixed assets with partners.

Pisces Feb 20 – Mar 20
Today, the positive influence of the Moon brings health and financial improvements. Old health issues may be resolved, and stuck funds could be recovered. Consider applying for a loan for luxury purchases.

KIDZONE



Kaavya Ashok, 10 Years, DPS North



Zaara Chandra, 7 Years, Vibgyor High School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
10/(30*30) +24
= (7+720) /30
= 727/30
= 24.233

BULL'S EYE
blob, bole, lobe, lore, lose, loser, role, slob, SLOBBER, sole

FAST FIVE

P	R	O	T	O
L	O	V	E	R
U	N	A	R	M
M	E	R	G	E
B	O	Y	A	R

RIDDLER
Going through the motions

STRIKE OUT

C	E	N	S	E	R	G	N	O	M	E	S			
A	I	M	I	R	A	U	A							
U	T	M	O	S	T	E	R	A	S	E	D			
S	B	R	A	B	I	C	D							
E	E	L	O	I	S	E	M	A	D	E				
D	E	V	I	L	S	P	A	T	E	N				
L	A	L	L	A	G	O	G	B						
G	O	W	S	G	E	L	I	D	W					
R	O	E	S	S	A	N	E	R	U	R				
A	A	I	L	I	E	O	E							
N	E	V	A	D	A	T	A	I	W	A	N			
N	E	O	B	I	M	N	C							
Y	O	D	E	L	S	P	U	T	S	C	H			

QUICK

S	T	A	Y	E	D		Y		S	P	Y			
O		T		E	N	T	R	A	P	T				
S	E	M	I		N		R		E	N				
	C		V	E	N	K	A	T	A	P	P	A		
N		I		U		E		R		C				
W	A	L	L	O	P	H	O	A	R	D	S			
	H		C		K		E							
A	C	C	O	R	D	M	A	K	E	R	S			
I		R		R		U		A						
D	I	S	P	L	A	Y	I	N	G	L				
A		D		W		D		N	A	G	S			
T		D	E	C	O	D	E		A		A			
S	E	A		C		T	E	S	T	E	D			

MENSA PUZZLE
34826: each number is the sum of the last two digits of the previous number, preceded by the remaining numbers in reverse.

QUOTE UNCODE
All of our reasoning ends in surrender to feeling.

SUDOKU

7	9	4	2	5	6	8	3	1
2	6	1	9	8	3	7	4	5
3	8	5	7	1	4	6	2	9
6	7	9	1	4	8	2	5	3
4	2	8	5	3	7	1	9	6
5	1	3	6	2	9	4	7	8
1	3	7	4	6	5	9	8	2
8	4	6	3	9	2	5	1	7
9	5	2	8	7	1	3	6	4

ALPHA TRIANGLE
8, 8e, 8et, 8est, 8aste, 8athes, 8atches.

GO FIGURE
Easy
9 - 7 + 4 + 5 = 11
Medium
4 + 7 x 2 + 2 = 24
Hard
8 / 8 + 2 - 2 = 1

LOOP

KAKURO

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